February 1, 2025

Monroe Institute

The Monroe Institute is a renowned center for the study of human consciousness and offers various programs, including those focused on remote viewing. Remote viewing is a practice that allows individuals to gather information about a distant or unseen target using their mind. The Monroe Institute provides both residential and virtual programs to help participants develop their natural psychic abilities.

For example, the Remote Viewing I program is a five-day residential retreat where participants learn

to perceive and describe information about a person, place, or object from a distance. The program includes training in scientifically tested perceptual tools and techniques, as well as the use of Hemi-Sync® audio technology to aid in focusing the mind. There's also a virtual version of the program that spans 2.5 days and covers the basics of remote viewing.